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PROCUREMENT SECTION  
CURRENT SERIAL RECORDS

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YOUR FOOD  
HABITS  
TELL A  
LOT ABOUT  
YOU

PA-1137

HOME ECONOMICS  
EXTENSION SERVICE

U.S. DEPARTMENT  
OF AGRICULTURE





Learn why you make the food choices the way you do. **1** pretend you're going shopping and making up your grocery list. Check (✓) the items you want.

CHICKEN

BEEF ROAST

GROUND BEEF

LIVER

FISH FILLETS

MILK (Whole)

MILK (Low-Fat)

WHOLE WHEAT BREAD

ENRICHED WHITE BREAD

SOFT DRINKS


FROZEN ORANGE JUICE



Learn why you make the food buying choices the way you do. First, pretend you're going shopping and making up your grocery list. Check (✓) the items you want.

	CHECK
CHICKEN	
BEEF ROAST	
GROUND BEEF	
LIVER	
FISH FILLETS	
MILK (Whole)	
MILK (Low-Fat)	
WHOLE WHEAT BREAD	
ENRICHED WHITE BREAD	
SOFT DRINKS	
FROZEN ORANGE JUICE	

	CHECK
CANNED FRUIT DRINKS (Vitamin C Added)	
CELERY, LETTUCE, TOMATOES	
APPLES, PEARS	
FROZEN FRUITS	
BAKERY CAKE	
BAKERY ROLLS	
INGREDIENTS TO MAKE CAKE	
INGREDIENTS TO MAKE ROLLS	
TV DINNERS	
FROZEN VEGETABLES	
FRESH VEGETABLES	



**TAKE  
THE  
QUIZ**



Now, let's look at some of the reasons you may have made the food buying decisions you did. Here are a few:

- **Family Experience.** We may grow up thinking that ground beef is a good food to eat. On the other hand, we may never have tasted liver.

- **Psychological.** Ever eaten your way through a bag of cookies when you were depressed? Ever celebrated a happy occasion with an extra serving of cake? Our emotions have a lot to do with the food choices we make.

- **Eating habits:** Some families never sit down to a meal together. They grab a bite and run. Other families believe it's important to have regular meals together.

- **Importance placed on nutrition.** Some families think nutrition is important. They try to serve a balanced diet, including a variety of good, wholesome foods. Other families leave their nutrition up to chance.

- **Interest in food preparation.** Some people enjoy cooking. They may prefer to prepare food from "scratch" rather than depend on convenience foods. Others rely on mixes and prepared foods almost entirely.

- **Time spent in planning.** Some families shop on the spur of the moment, often buying on impulse. Others shop carefully, comparing food items to select the most economical, nutritious buy for their money.

- **Willingness to spend extra for luxuries.** An expensive rib roast may cost a lot. You may choose to buy the roast and economize on other things. Or, you might decide to buy ground beef and spend more money on other foods.

**WHAT'S IMPORTANT TO YOU?** What are the reasons you buy what you do? Go back to your shopping list. Jot down the reasons you selected the foods you did. Next time you're shopping "for real," think about your reasons when making a choice. You may want to change some of those food buying habits!

Want more information on food buying and planning nutritious meals? Contact the home economist at your County Extension Service.

